

Sports

'Fist and foot' sport promotes body and mind

By Barb Rogers
Emerald Contributor

Tae Kwon Do, a traditional Korean martial art, literally means "the fist and foot way."

Not only does this sport demand much physical training and stamina, it also requires a strong positive mental attitude.

For those involved, Tae Kwon Do becomes a way of life and a continuous cycle of learning. The higher one progresses in the ranks of Tae Kwon Do, the greater one's spiritual awareness becomes.

"It's a good way to develop discipline," commented one University Tae Kwon Do club member.

Tae Kwon Do is becoming increasingly popular both internationally and at the University. About 30 students are involved in the club, and eight of those participated on last year's team.

"I think it is because Tae Kwon Do is going to be an official demonstration sport at the 1988 Olympic Games in Seoul, South Korea," said Christine Chan, coordinator of the University Tae Kwon Do club.

Despite an increase in participation, Chan hopes to recruit more women to the club. Only three women are currently members. She attributes this to a misconception that Tae Kwon Do is not a feminine sport.

But Chan said women have the opportunity to gain coordination, balance and

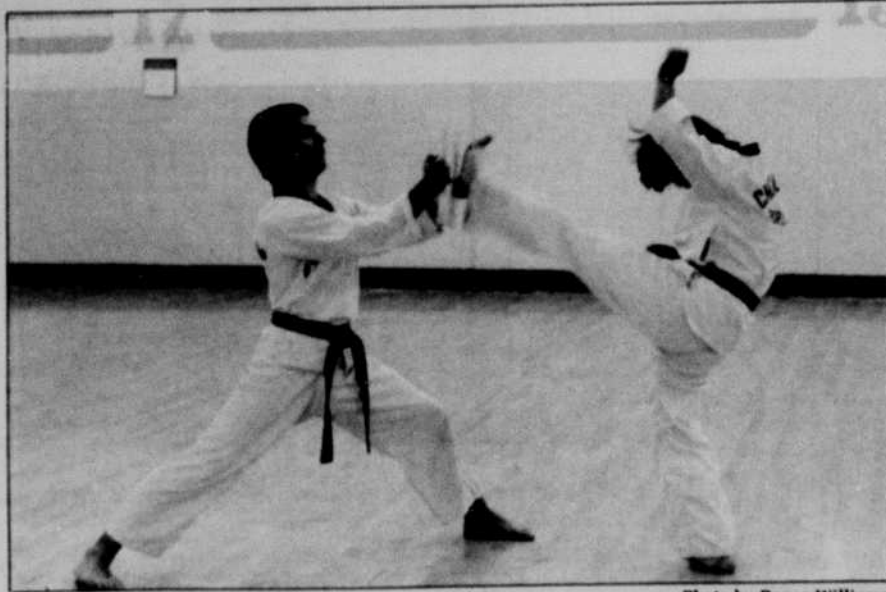


Photo by Renee Williams

Second level black belt Rich Roberts, assistant coach of the University's Tae Kwon Do martial art team, holds a pine board split with a kick from red belt Christine Chan, coordinator of Tae Kwon Do club.

self-confidence through the sport. "I'm not afraid to walk alone on campus at night," she said.

The levels of ability and rank among club members vary from beginning white belts to the highly advanced black belts. The two coaches, Bill Melvin and Rich Roberts, have attained third- and second-level black belts, respectively.

Last summer Roberts broke five inches of pine wood with a sidekick, which put him at his second black belt

level. There are nine levels of the black belt rank; only one person in the world currently holds a ninth-level ranking.

With the experienced coaching of Melvin and Roberts, the club provides members with an opportunity to advance in skill level and to acquire higher colors of belts.

In order to progress through the ranks of Tae Kwon Do, a series of tests are conducted. The first is a floor exercise much like a gymnastic floor routine.

The next requires the individual to break various widths of pine boards using the hands or feet. Then comes sparring much like that in boxing but with a routine set of defensive attacks. The last step is called "Free Sparring" — the same as sparring but with a chest protector.

As one progresses further up in the ranks, more emphasis is placed on using traditional Korean terminology.

Chan said she believes Tae Kwon Do is "a way to keep in touch with oriental culture."

The club works out twice a week all year long, keeping fit for regional tournament competitions, which are sponsored by the Choi's Martial Arts Academy, head of the Northwest Tae Kwon Do Association.

At these tournaments, competitors engage in full contact and non-contact sparring events.

"The most important thing is not the winning but the competing, because once you have shown up, you have already won," Melvin said.

CLUB SPORTS SCOREBOARD:

Men's Soccer won both away games last weekend: Oregon vs. Idaho 4-0, Oct. 17 and Oregon vs. Eastern Oregon 5-1, Oct. 18.

Women's Soccer lost its weekend game to Washington 5-1, Oct. 17.

Men's Rugby participated in the Beaver Bowl Tournament over the weekend, playing in five games. The Oregon Rugby Team won one out of the five games.

CLASSIFIEDS

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PERSONALS

RESUME WRITING WORKSHOP!
Learn how to present your best self in a well-written, clear and concise resume.

Oct. 20 1:30-3 pm
Rm 12 Hendricks Hall
Sign up at CPPS
244 Hendricks Hall

10-20*

Throw a Pie At Your Favorite PI PHI
\$1 a pie. 3-5 pm in front of Pi Phi's.
Thurs. Oct 22.

10-21

JULIE, DAVID, AND RICHARD: Thank you for a very special-birthday Pucklers Thursday night - it's on me! LOVE, D.D. 10-20



Andrea Hand
Happy 21st
Love, Liz & Buffy

10-20

HAPPY BIRTHDAY LILY



LOVE YOU ALWAYS. ALFO

10-20*

PERSONALS

LYNETTE, LYNETTE YASUCCHIO. HURRAH! We are all drunk now; what lousy ducks are we, growing fat and drunk and fried... here's to you, Buletthead, and Mike Mills (and me, Eddie Murphy, Michael Stipe, and Otter!) XOXO, Y'ALL KNOW WHO! 10-20



PHI DELT RED ROSE COURT
WED. NIGHT DINNER AND MEETING
5:00 PM

10-20*

PERSONALS

ΣAE

You had a great impact on our lives last weekend. Thank for everything!

Love, the Kappas.

10-20

KAO

Thanks for the wake up breakfast and also for bringing spaghetti to movie night. Hope to see you again soon.

ΔΥ

10-20

Dianna

I don't know if you'll ever read this. I live in the Hamilton complex, and I think I'm in love with you. P.S. I love Prince too.

10-20

CONGRATULATIONS!

LISA DUNCAN

on your initiation.

We Love You!

Love, Kappas

10-20

PERSONALS

FOREIGN SERVICE WRITTEN EXAMINATION
Examination Registration Deadline
OCTOBER 23, 1987

Registration information and application forms available in Room 244 Hendricks Hall. Examinations will be held December 5, 1987.
CAREER PLANNING AND PLACEMENT SERVICE

Hey Number 93 - We saw you on TV. Good luck at Stanford. We'll be watching!

Beta Theta Pi
To this really sexy guy in my writing class who always wears a baseball hat. Do you want to go to the barn dance with me?

Alpha Chi Omega



Happy Birthday
Kathy Schaeffer
We love you,
Karen and Laura

Doonesbury



BY GARRY TRUDEAU

emu FOUNTAIN COURT CAFE

Single Burger
Fries and
Small Drink
\$1.50

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A Great Deal!